



**Rainier Beach Pool**  
**8825 Rainier Ave S.**  
**Seattle, WA 98118**



## **Mid Summer 2014 SWIMMING LESSONS**

**June 23rd — August 31st, 2014**

**Registration Begins: Tuesday, May 20th at Noon**

Online: ----- [www.seattle.gov/parks](http://www.seattle.gov/parks)

In Person: ----- 8825 Rainier Ave S

By Phone: ----- 206.386.1925

### **TOTS LESSONS**

**Ages: 6 months - 4 years**

Under the guidance of an instructor, parents introduce their infants and toddlers to the swimming pool. We teach basic water adjustment and swimming movements using songs and games, with an emphasis on enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult. Swim diapers or tight fitting plastic pants are required.

### **THREE-YEAR-OLDS LESSONS**

**Age: 3**

Our certified instructors introduce children to these swimming skills: basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls, and water safety skills. Children must have completed one session of Tots and must be willing to work in the water with an instructor. We maintain a 3:1 student to instructor ratio.

### **KINDER LESSONS**

**Ages: 4 & 5**

Participants start with basic water adjustment and advance through: front and back floats, flutter kick, rolling from front to back, side breathing, crawlstroke with side breathing, backstroke, whip kick, treading water, diving, and water safety skills. On the first day of class children are sorted into groups by ability.

### **BEGINNING YOUTH LESSONS**

**Ages: 6 – 16    Levels 1-3**

In our beginning youth class children will work on floating, bubbles, crawlstroke, side breathing, backstroke, whip kick, and diving. On the first day of class children are sorted into groups by ability.

#### **Junior Lifeguarding**

**Ages: 10-15 Years Old**

Junior Lifeguarding offers advanced level swimmers, ages 10-15, an opportunity to learn a variety of basic lifeguarding skills and knowledge. Swimmers will learn the importance of keeping physically fit, practice water rescue techniques, basic first aid, and CPR. Learn teamwork, build self-confidence, and have fun in this course designed to introduce young swimmers to the world of lifeguarding!



**Seattle Children's**  
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### **SCHOLARSHIP:**

Seattle Parks and Recreation wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to a member of our frontline staff.

Class	Session	Days	Times	Dates	# Classes	Cost	Barcode
TOT 6 months- 4 years	1	Tue/Thu	9:30-10:00 AM	6/24-7/24	10	\$70.00	119885
	2	Mon/Wed	9:30-10:00 AM	7/28-8/27	10	\$70.00	119880
	2	Tue/Thu	9:30-10:00 AM	7/29-8/28	10	\$70.00	119886
3 Year Olds	2	Mon/Wed	10:00-10:30 AM	7/28-8/27	10	\$125.00	119864
	2	Tue/Thu	10:00-10:30 AM	7/29-8/28	10	\$125.00	119872
Advanced Kinders Ages 4 and 5 Years Old Needs instructor Approval	2	Mon/Wed	9:30-10:00 AM	7/28-8/27	10	\$85.00	119791
Beginning Youth Ages 6-16 Years Old Session 2	2	Mon/Wed	9:30-10:00 AM	7/28-8/27	10	\$70.00	119810
	2	Tue/Thu	9:30-10:00 AM	7/29-8/28	10	\$70.00	119819
Starts and Turns Clinic	2	Tue/Thu	9:30-10:00 AM	7/28-8/27	10	\$70.00	119853
Junior Lifeguarding Ages 10-15 Years Old	2	Tue/Thu	10:00-11:00 AM	7/29-8/28	10	\$140.00	120023
Beginning & Intermediate Adult Ages 16 & up	2	Mon/Wed	10:30-11:00 AM	7/28-8/27	10	\$70.00	119780
	2	Tue/Thu	10:30-11:00 AM	7/29-8/28	10	\$70.00	119786

## REFUNDS:

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, and special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge of \$5 or 10% of the class fee (whichever is greater).
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- A transfer from one class to another is permitted without cost if done on the same business day as the original registration, and is subject to space availability.
- No fee is charged for a transfer initiated by Seattle Parks and Recreation Staff when done to correct an error in registration or allow for a better recreation opportunity.